



**North Coast
AIDS
PROJECT**

Humboldt County
Public Health Department
529 I St.
Eureka, CA 95501
(707) 268-2132



The RAVEN Project
523 T St.
Eureka, CA 95501
(707) 443-7099

Youth Service Bureau
a division of
Redwood Community Action Agency

**HIV &
AIDS
Info.**

**KNOWLEDGE
CONOCIMIENTO**

What is HIV?

H - Human: This virus only effects human beings

I - Immunodeficiency: This virus creates a deficiency in the body's immune system (the system which fights off bacteria and fungi). When the immune system is compromised, your body is unable to effectively protect itself from disease, infections, and illnesses.

V - Virus: A virus is an agent that causes disease, which can only replicate itself inside a living cell. This virus takes over the machinery of the human cell in order to reproduce itself. Viruses can be treated, but cannot be cured.



it's
about
your life.

650,000-900,000: The
number of people in the
United States believed to be
infected with HIV, the virus
that causes AIDS.

- Worldwide, approximately one in every 100 adults aged 15 to 49 is HIV infected.

For more info:

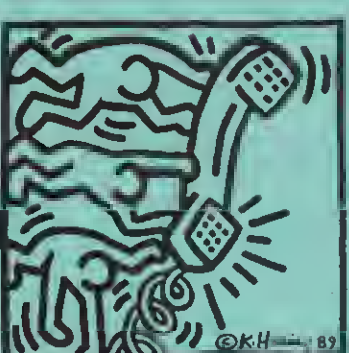
- North Coast AIDS Project (707) 268-2132
- California HIV/AIDS Hotline 1-800-367-2437 English/Spanish/Filipino
- AIDS/HIV Nightline 1-800-273-2437 5p.m. - 5a.m.
- Centers for Disease Control and Prevention
24-Hour National HIV and AIDS Information Service
1-800-342-2437 English
1-800-344-7432 Spanish
TTD (hearing impaired) — 10am-10pm EST,
Mon. through Fri.: 1-800-243-7889
- Sexually Transmitted Diseases Hotline 1-800-227-8922

Teen AIDS Hot Line (staffed by teens)

6pm-12am EST, Fri. & Sat.: 1-800-440-TEEN (8336)

Teens Teaching AIDS Prevention

5pm-9pm EST, Mon. through Fri.: 1-800-234-TEEN (8336)



1-800-TALK HIV
THE AIDS HOTLINE

Seven Days A Week - 9 A.M. - 9 P.M.

The North Coast AIDS Project (NorCAP) is a local program that helps educate the community about HIV and AIDS and provides resources, referral, and advocacy services, as well as support groups for people living with HIV and their families.

- NorCAP also coordinates a Buddy Volunteer and a professional volunteer program.
- NorCAP is a great place to call if you are HIV +, if you have any questions related to HIV and AIDS, or if you are interested in one of our volunteer programs.



North Coast A I D S PROJECT

The phone number is 268-2132.
We are located at the Humboldt County Public Health Department:
529 I Street, Eureka, CA 95501.



NorCAP staff tabling at the Pride Celebration, Arcata, June, 1995

Knowledge is Power



Questions to Ask

How do you get HIV?

- 1) Blood
 - Needles of any sort that are not sterile or clean
 - Sharing needles/syringes with people who are infected
 - Tattooing and piercing equipment
 - Menstrual Blood
 - Blood Transfusion/ Organ Transplant (contaminated blood)
 - Scarification (branding, S&M activities)
- 2) Sexual Fluids
 - Unprotected anal, vaginal, or oral sex with infected partners
 - Pre-cum
 - Semen
 - Vaginal fluids
 - Sharing of unsterile or unclean sex toys
- 3) Mother-to-child
 - During birth through exchange of blood or vaginal fluids
 - Breast milk



You can't get it by:

- Kissing
- Touching (shaking hands, hugging, etc.)
- Toilet seats
- Sharing food or drinks
- Coughing or sneezing
- Tears, saliva, sweat, or urine
- Mosquitoes or other insects

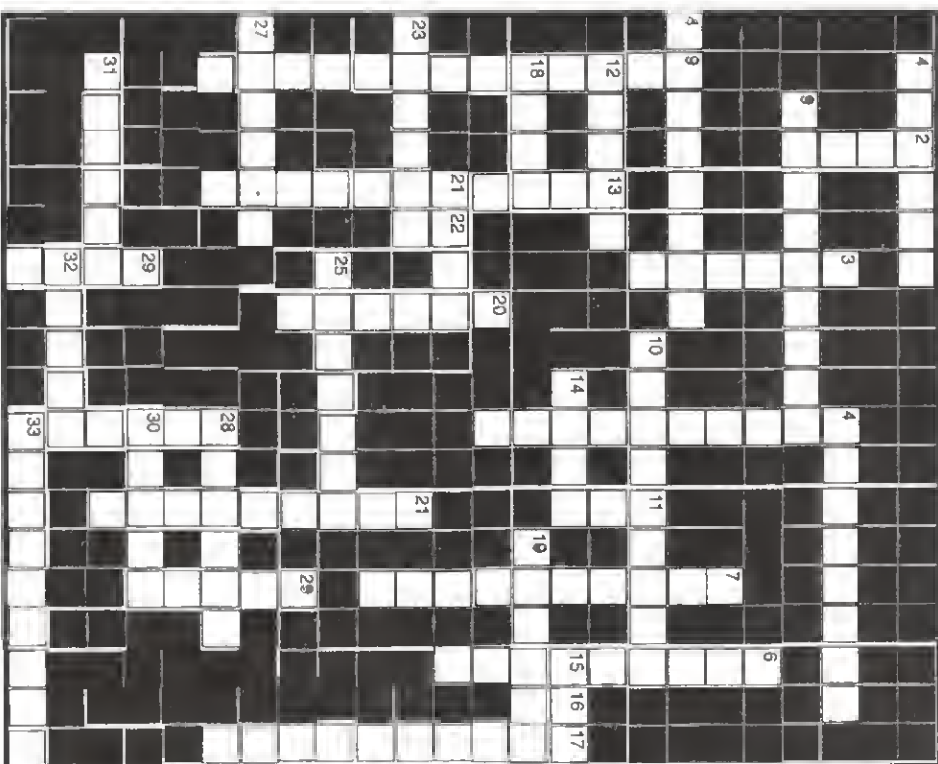
aids ignorance

About half of more than 1,700 survey respondents mistakenly believe AIDS can be

transmitted through using a public toilet, sneezing or sharing a drinking glass. And more than 29 percent claim people who contract AIDS through drug use or sex get what they deserve.



the first (and maybe the last) Reality Crossword Puzzle



ACROSS

1. If you are a male, have sex with a male, or use sex toys with a partner, you may want to use one of these.
5. Herb believed to strengthen the immune system
4. "_____ when your not strong. I'll be your friend, and help you carry on."
8. HIV-positive olympic diver Greg _____
10. Essential for safe oral sex with a woman.
12. a brand of lube
14. 16 fluid ounces

DOWN

2. National AIDS Update Conference
3. A deficiency of red blood cells, causing a lack of energy
4. Former Fugee, mother, and Columbia Graduate
6. People united by choice, circumstance, participation and/or fellowship.
7. the unintended results of taking medication
9. _____ Infection
11. Retrovir
13. The highly controversial practice of having unsafe anal sex
16. this one's a freebee.YC. (You try thinking of a clue for that!)
17. "I wish they all could be _____ girls"
22. "You can call me _____"
20. In order to stop the spread of HIV and Hep C it is important to use a clean one of these.
24. Safe sex for your hand's digits
26. To rapidly close and open an eye
28. Type of primate
29. To deal, to handle it, to be able to move on
15. New York City abbreviated
18. I am woman hear me _____
19. The continent with the highest number of reported HIV infections
21. Talking pig
23. The Muppets' drummer
25. Bill _____
27. Fun, outdoor activity that also gets you places
28. A 6 inch blond in pink plastic high heels
30. Icelandic pop goddess
31. Common salad ingredient
32. Greek philosopher
33. The reason we eat food



The Things We Say		
Term	Meaning	Potentially offensive connotations
discordant couple	couple where one person is positive, the other negative	
salvage therapy	anti-HIV drug therapy for a person who has not benefited from any approved therapeutic combinations	
positoid	HIV positive person	hip yet dehumanizing
infected person	HIV positive person	reminiscent of "diseased"
infectious person	capable of passing the virus on to others	sounds like toxic waste
treatment compliance	taking medications according to the proper dosing and schedule	sounds forced. "adherence" is preferred
AIDS victim/sufferer/carrier	person with AIDS	ugh
treatment resistant	someone who has not benefited from anti-HIV medications	it's the virus that's resistant, not the person
"She passed the virus on to her baby"	"She gave birth to a baby that was HIV positive"	implies that she wanted to give her baby HIV
"He failed protease inhibitors"	"He did not benefit from his treatment combination"	the drug failed, not the person
AIDS babies	infants who are HIV positive	we don't say "AIDS teens" or "AIDS adults," do we?

Reality winter spring 99

How do you know if you are infected with HIV?

The **ONLY** way to know if you have been infected with the HIV virus is to **GET TESTED!!**



You cannot tell by looking at someone whether he or she has HIV. The virus takes time to show its effects. A person can have HIV for ten years or more before the symptoms of AIDS appear. Anyone can have the virus without knowing it. The only way to be sure, for yourself and your loved ones, is to take the test.

- The Blood Test looks to see if there are any HIV antibodies* in your blood. If it contains these antibodies that is a main indicator that you have been infected.
*An antibody is a substance that flags HIV, marking it for destruction by killer T-cells.
- The Orasure Test does not test your saliva for the presence of HIV antibodies. It is designed to draw the fluid from inside the cells on your cheek to see if the cellular fluid contains HIV antibodies. As with the blood test, if there are HIV antibodies present that is a main indicator that you have been infected.

How accurate is OraSure?
Doctors and clinics tested OraSure in thousands of people. The tests showed the OraSure system is more than 99% accurate.

What is the "Window period?"

It is the time from when you are infected to the time your body produces antibodies (the time it can be detected). The virus can be transmitted at this time, but will not show up on tests! The window period may be 2 weeks for some people, but can be up to 6 months for others.

If you have had any risks for HIV in the last six months before your test, it is still possible that you have HIV. Get tested again in six months to be sure you're not infected. Ask your health care provider to help you understand what your result means for you.

HIV tests are either
Confidential or Anonymous

A Confidential HIV test means that the hospital, clinic, or other agency that administers the test attaches the results of your test to your name, but will not divulge the information to just anyone.

An Anonymous HIV test means that the agency that administers the test gives you a number and attaches your results to that number, rather than your name. By using a number to identify you and your results, your identity remains unknown as far as your name is concerned.

AIDS is

Something

we do

**to
each
other.**

**I AM
NEW
POWER
AGAINST
HIV.**

TOLERANCE

ONE OF THE MOST LOVEABLE QUALITIES A PERSON CAN POSSESS IS
TOLERANCE.

IT IS THE VISION THAT ENABLES ONE TO SEE
THINGS FROM ANOTHER'S VIEWPOINT;

IT IS THE GENEROSITY THAT CONCEDES TO OTHERS
THE RIGHT TO THEIR PECULIARITIES;

AND IT IS THE "BIGNESS" THAT ENABLES US TO
LET PEOPLE BE HAPPY IN THEIR OWN WAY,
INSTEAD OF OUR WAY.

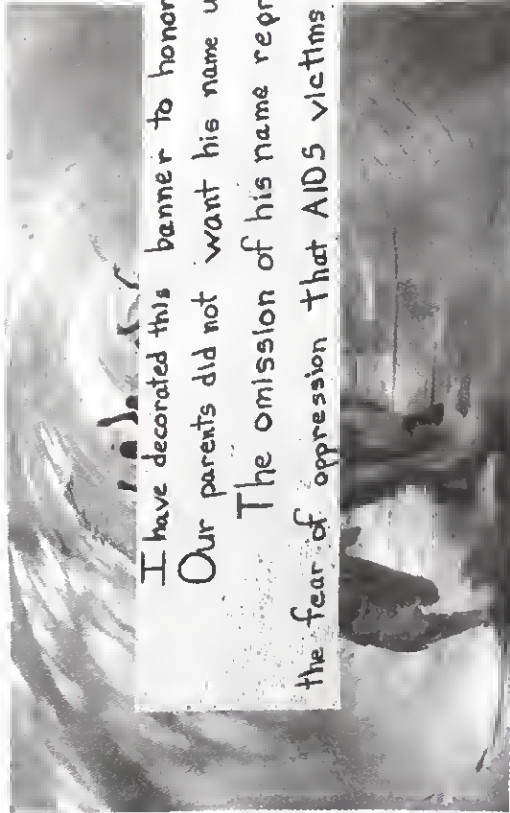
HEAL

AIDS

WITH LOVE 

58,000: the total number of U.S.
deaths in Vietnam. 362,000: the
number of people in the U.S. who had
died from AIDS by the end of 1996.

Remembering
**THOSE
WHO DIED
ALONE**



I have decorated this banner to honor my brother.
Our parents did not want his name used publicly.
The omission of his name represents
the fear of oppression that AIDS victims and their families feel.



LESBIAN, LOVE AND AIDS

Rubber gloves
Condom tongues
its plastic touch
barriers that
make it mean so much

Rubber walls
inside my mind
not knowing to reflect or rebound
my only input consists of sound

Its all so new, this way to screw
Living in a respectable head
Learning to make a new bed
A new way to be clean
have hygiene
and be safe
To make this world
a better place

TAKE THE TEST.



Location	Cost	Hours	Phone
Public Health Department 529 I St., Eureka 727 Cedar St., Garberville 77 Walnut Way, Willow Creek	FREE	Anonymous M W Th 1-4pm Tue 3:30-6:30pm. By appointment in Garberville and Willow Creek	(707) 268-2105 (707) 923-2779 (530) 629-2410
Health Outreach Van Mobile Testing Site	FREE	Anonymous Call for dates and locations	(707) 476-4909
The RAVEN Project 523 T St., Eureka	FREE	Anonymous Call for dates and times	(707) 443-7099
Six Rivers Planned Parenthood 2316 Harrison Ave., Eureka	FREE to low income	Confidential Tue Th 9-11 am. Teens only: Tue Th 3-5:30pm	(707) 442-5709
Northcountry Clinic 785 18 th St., Arcata	FREE to low income	Confidential By appointment On Mondays Only 1:30-4:00pm	(707) 822-2481
Open Door Clinic 770 10 th St., Arcata 1644 Central Ave., McKinleville	FREE to low income	Confidential By appointment	(707) 826-8610 (707) 839-3068



PREVENTION:

GET TESTED!



To reduce your risk of contracting HIV through Blood Transmission:

- ALWAYS use new, clean, or sterile needles for ALL activities requiring their use
 - tattooing
 - piercing
 - intravenous drug use
- Inform yourself about the risks associated with oral or vaginal sex during the menstrual cycle and use a latex barrier if you choose to do so
- Clean your S & M toys/equipment before and after using them
- Clean and cover any broken skin as a result of whipping, branding, scarification, etc.

To reduce your risk of contracting HIV through Sexual Fluids:

- Inform yourself about the risks of having unprotected sex and use a latex barrier if you choose to do so
- Remember that oral, anal, and vaginal sex all put you at risk for contracting HIV. Use a latex barrier!
- Use lube to help reduce the risk of condom breakage
- Use WATER-BASED lubes, because oil-based lubricants (like Vaseline, vegetable oil, massage oil, etc.) disintegrate the latex
- Clean your sex toys (dildos, vibrators, etc.), especially if you are sharing them

Involuntarily in the avant-garde of the women's movement
 I am HIV positive
 burst open in a domain of men
 I am HIV positive
 working in a man's profession
 I am HIV positive
 with men in a bar, taken seriously
 I am HIV positive
 with men, morning, noon, evening
 I am HIV positive
 with men in conversation, the subject of their conversation
 I am HIV positive
 Feared of men, accepted, loved
 I am HIV positive
 free of women, I am alone
 with all these men.

Female Trouble

A new study adds to the mounting evidence that when it comes to the biology of HIV, sex matters. Johns Hopkins University researchers found that women for whom injection drug use were the likely transmission route progressed to AIDS with smaller amounts of HIV than did men with similar backgrounds. At viral loads that equaled men's, women had a 1.6-times greater risk of AIDS. Researchers are next set to determine whether this holds true for the non-drug-using population, as well as whether treatment strategies for women should be adjusted accordingly. —LL

Every day the virus infects 8,000 people, nearly half of them women. At that rate more than 100,000,000 men, women and children worldwide will be infected by the year 2000.

AIDS is the leading cause of death among women ages 18-24.



- In the U.S., 688,200 cases of AIDS had been reported to the Centers for Disease Control and Prevention (CDC) as of December 31, 1998.

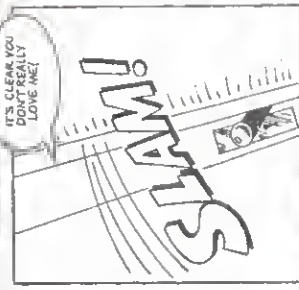
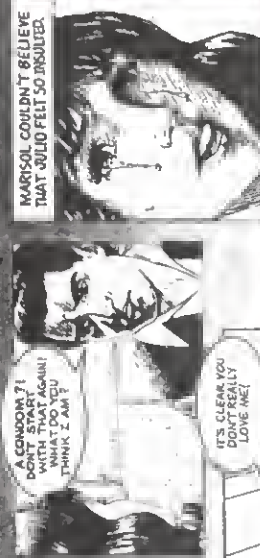
Living Well by Advocating for Yourself

Will AIDS become
yet another indica-
tor of apartheid?
style of

Th he I
**LET'S
REACH**
Four mill
NEW
Heights
U C re
**IN THE
FIGHT
AGAINST
AIDS.**



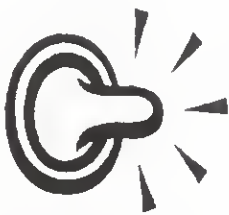
DECISION



"If you truly love your children,
supply condoms in your home."
— SHARON STONE



USE condoms



- Use a latex condom for vaginal, oral, and anal sex.

STEP 1



Hold the tip of the condom to squeeze out the air. This leaves some room for the semen when you come (ejaculate). Put the condom on the end of your penis.

- Put the condom on before you put your penis inside your partner.

STEP 2



Keep holding the tip of the condom. Unroll it onto your erect penis...

- Use a new condom every time you have sex. Use a condom only once and then throw it away.

- Use a water-based lubricant like "K-Y" or contraceptive gel. Do not use oil-based lubricants like "Vaseline" or cooking-oil because they can make the condom break.

STEP 3



...all the way down to the hair.

- After you come (ejaculate):
— hold onto the condom and
— pull out while your penis is still hard.

- Don't store condoms where it is too warm. Heat can damage condoms.

- Don't carry condoms in your wallet for more than 24 hours.

LIVING WITH A LIFE THREATENING ILLNESS?

As Of Jan. 1, 1998, an estimated 271,245 people in the United States were living with AIDS.

SPEAK OUT

I feel as though I'm dying inside and I can not tell no one how I really feel

living walking hell No matter how much I educate myself on AIDS.

and another way to keep me alive,

I keep dying inside.

This is why I cry

No matter how many pills I

pop,

and it is o hell of o lot

of protease inhibitors that

bring my virol lood down

and my T-cells up.

This is why I cry,

cause I'm still dying inside.

Night T-cells

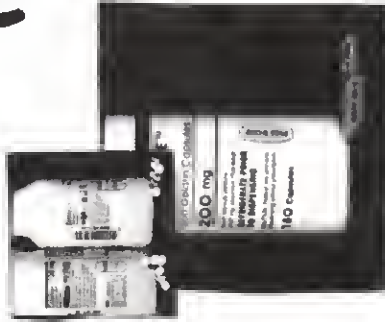
- As of the end of 1998, an estimated 33.4 million people worldwide - 32.2 million adults and 1.2 million children younger than 15 years - were living with HIV/AIDS.

THERE'S NO CURE...



What are some symptoms associated with HIV Disease And AIDS?

- chronic, recurring yeast infections
- thrush (a yeast infection of the throat)
- skin lesions
- flu-like symptoms
- recurring pneumonia
- weight loss/ wasting syndrome
- signs of a weakened immune system



There are treatments that reduce the amount of HIV in the body. Some of these meds have nasty side effects and can be harsh on your liver. Other meds protect people from getting diseases like pneumonia...



good interactions + side effects

FEEL MORE LIKE YOURSELF AGAIN

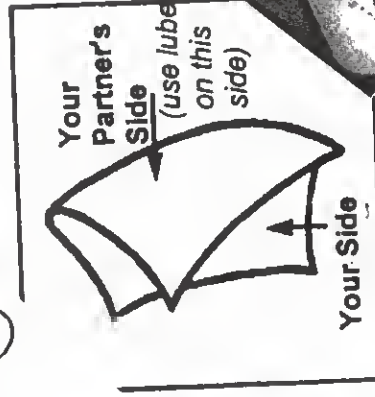
- Condoms are available in different sizes, colors and styles. Choose one that you like.

If you or your partner is allergic to latex or you just want to try something different, **polyurethane condoms** may take a little longer to get used to, but they are a good choice. They are made of a material called polyurethane, which is a synthetic material that is very similar to latex. They are available in different sizes, colors and styles. Choose one that you like.

- The *Reality* "female condom" is a loose pouch that fits inside the vagina. They are made of a material called polyurethane, which is a synthetic material that is very similar to latex. They are available in different sizes, colors and styles. Choose one that you like.
- *Avanti* is a name brand of the male polyurethane condoms. They are made of a material called polyurethane, which is a synthetic material that is very similar to latex. They are available in different sizes, colors and styles. Choose one that you like.
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SAFETY

CONDOMS ARE RELIABLE, IF TREATED RIGHT.
To protect you and your partner during oral-vaginal (going down) or oral-anal (rimming) sex, you can use dental dams or plastic wrap.



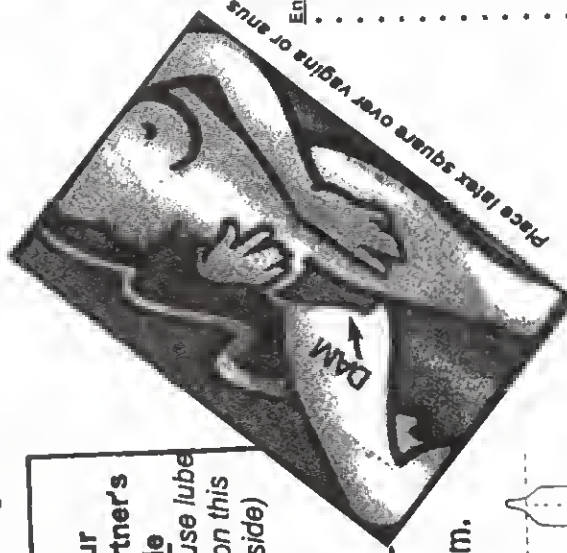
To make a dental dam.

Cut a condom

Like so → →



SAFETY FIRST
THE SAFE WAY IS THE BEST WAY



Enemies Of Latex (Do not use)

- Vaseline
- Crisco
- hand Lotion
- mineral Oil
- baby Oil
- vegetable Oil
- olive Oil
- butter
- animal Fats
- whipping Cream
- chocolate Sauce
- peanut Butter
- liqueurs
- massage Oil
- oil based perfumes
- suntan Oil

Should We Talk?

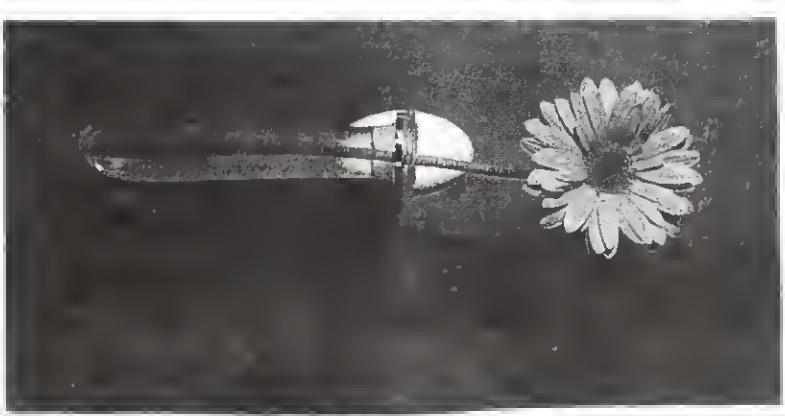
- ✓ Ask your partner about his or her sexual and drug-taking history.
- ✓ Talk to your partner about safer sex before you have sex.
- ✓ Remember, some people are infected without being aware of it. Some people are afraid to talk about it if they do know.

✓ The more you know about STDs and safer sex, the better you'll be able to protect yourself and others.

- ✓ If you have engaged in risky behavior – unsafe sex or sharing needles – get tested.
- ✓ Don't wait until symptoms appear. Early treatment is crucial!
- ✓ Ask your partner to be tested.

**COVER
YOUR
HEAD**

**Talk to Your
Partner**



How can it be forgotten when we are treated as scapegoat vessels for the blood of the virus moving through us without consent to be forced not to abort the choking life of our babies breath which ultimately leads to our deaths with the aid of AMERICA with the aids of AMERICA/ To pass on this legacy as a black crime

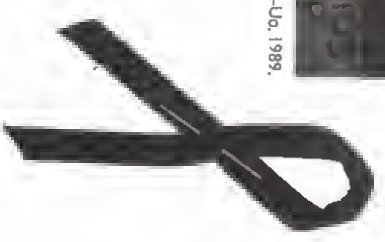


Against the old red white and blue stands true for who's got who with the aids of AMERICA Reagan, Bush and Quayle will not bail for the causes of this disease but when San Francisco shook 7.3 they respond immediately – as the marina seems greener when they bury black times who



Poster for Act-Up, 1989.

lost their lives with the aids of AMERICA with the aids of AMERICA



Know Your Risks

AID OF AMERICA

Small bones crushed by
the foot of racism
will be placed in an
archaeologist's grave
precious red wet eyes run
deep charged
with blood dripping
staining our bodies
onto canvases to be hung
in a dying gallery
blending colors of pain-o-
sorrow-o-grief
into the heart open lonely
space of a mother's
mouth
crying for the loss of her
child
the tick sweet acid taste
of a mother's love
has been lost in this war/

I am, we are, they are,
you are not IT a veteran
in AMERICA
with the aids of
AMERICA
crossing life's war
combating a disease
infiltrated
with the aid of
AMERICA

by society's lack of
responsibilities
myths told, legends, will
die when a hungry
child cries
AMERICA
those spared will cry too
because
their rooters have died
from a disease
with the aid of
AMERICA

when a child will crawl to
search for her mother's
heated chocolate breast
to suck for the milk of
love juice
run wild and our
with the aids of
AMERICA/

To make your living at
night under the red
light
girl you will be charged
with the aids of
AMERICA

hissing chimes the men
throw dimes to slide
on your wet body your
blood line is a crime
for she is a child of the
tenderloin/

How can we forget what
it means to lay down
on a pissy homeless bed
with cardboard
hanging
over cold black heads
lynching fear
Lest we be reminded of

To be raped before and
receive a disease
To cry out under the
black night
as an act of your pain will
be relegated
shame on your name
who they hear
you got the aids of
AMERICA/

To be disregarded disassociated
to lay in a bed
for a father to spit upon a
beautiful face and
race to the mirror cause
you are a black woman
in America
A lesbian's choice you are
not to have a face or
voice-stop
denying lesbians do die
with the aids of
AMERICA/

the blood that dripped
off southern black trees
became a disease
whenever her cycling
blood the one mad
method
racism in aids invades our
people's minds
destroys the life lines lest
we be reminded that
BEIN' a black woman in
this country is to look
at the racist virus has us,
got you and me
to look to the lookin
mirror
you will be reminded that
BEIN' a black woman
you will be attacked
by the racist regime like
Hitler's theme
turns to a thesis of
disease released to our
families

The crumbs of racism will
fall off into
your child's poor wet
eyes and bleed
with the aid of
AMERICA/
little children will suffer
from a never

IS ORAL SEX SAFE?

THAT'S A QUESTION WITH NO EASY ANSWER.

Oral sex isn't the riskiest activity. But it's not 100% safe either. It's up to you to decide what your limits are and what's safe enough for you.

Using a condom for oral sex is the safest. A little flavored lubricant or honey (or any food without oils) can spice things up.

Oral sex is safer without ejaculation. But pre-cum contains HIV, too.

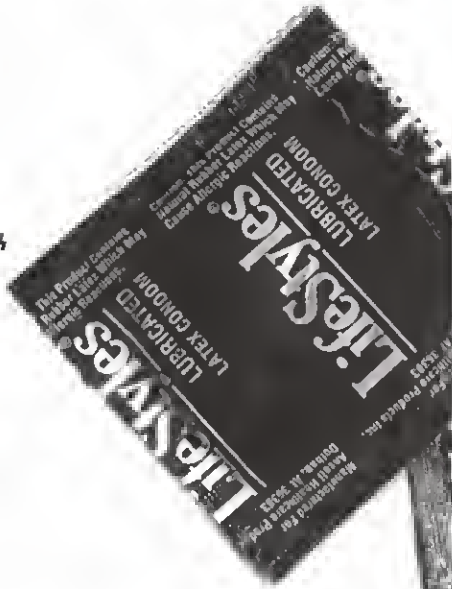
Be aware of the state of your mouth. Bleeding gums or cuts can increase the risk of infection.

In the absence of blood and open sores, rimming (oral-anal contact) is not very risky for HIV. But you can get hepatitis, gonorrhea or other sexually transmitted diseases.

Are women who have sex with
you at risk for HIV? Yes! You
may have heard this before, but it
can't be said too often: Your risk for
HIV infection is based on what you
do, not your identity or sexual
orientation.

YOU CAN'T TELL BY LOOKING
WHETHER YOUR PARTNER HAS HIV.
AND LOVE IS NO GUARANTEE.

Whether you are gay, bisexual, straight, or unsure
—young or old, single or in a relationship—safer
sex is the best protection for both of you.



HIV & Pregnancy

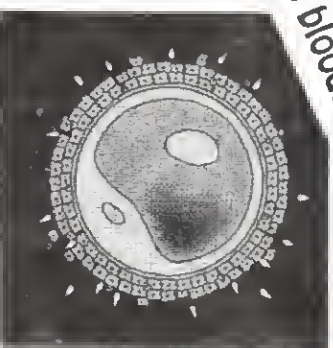
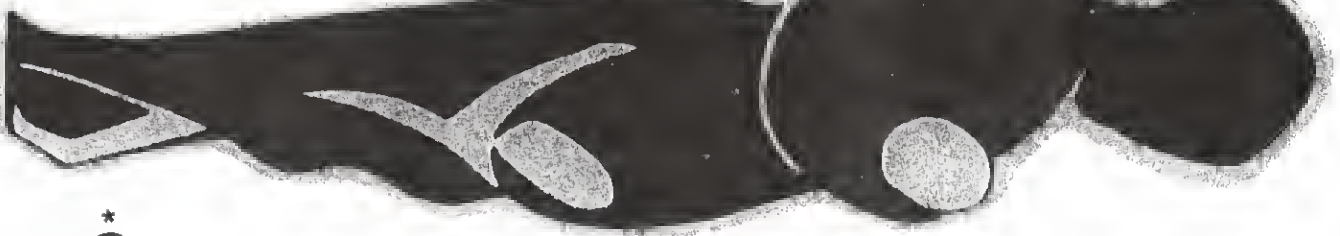
If you are pregnant and HIV positive, talk to your doctor about new treatments and how they may affect you and your baby.

A pregnant woman with HIV has a 25% chance of giving HIV to her baby during the birth process.

If she takes AZT during the last trimester, the chance can be reduced to 8%.*

If she takes AZT and has a c-section, the chance can be reduced to 2%.

**AZT (zidovudine) is drug that reduces the amount of HIV in the blood.*



How do you know you have AIDS?

The criteria used to determine whether a person has developed AIDS are:

HIV status is positive, and you have either:

- T-cell (white blood cell) count below 200

Note: The T-cell count for healthy people is 800-1200.

or

- One of the 27 opportunistic infections or conditions associated with AIDS. Opportunistic infections and conditions, like pneumonia, happen as a result of the weakening of the immune system due to HIV.

What happens in your body when you have AIDS?

Helper T-cells are the white blood cells that tell your body there is something foreign and possibly harmful in your body. They send these messages to your Killer T-cells.

Killer T-cells are the white blood cells that receive the messages from the Helper T-cells that there is a foreign invader floating around. They take this information and use it to help them identify and attack the foreign invader as a means to protect the body from harm. When you have AIDS, the virus kills your Helper T-cells, inhibiting the Killer T-cell's ability to fight off infections.

Very powerful thing.

What is the "Viral Load?"

The "Viral Load" is the amount of virus in your blood. The higher a person's viral load, the easier it is for them to pass the virus on to someone else.



HIV can develop into

AIDS



What is AIDS?

A - Acquired: This means an action must take place, one must do something to get infected (it is not genetic or inherited). The virus is acquired from another human.

I - Immune: This means to be protected from something harmful or disagreeable. Your immune system acts as a defense mechanism to protect your body's health by fighting off foreign invaders such as bacteria, fungi, and other pathogens.

D - Deficiency: The virus weakens the immune system so it is unable to function properly or effectively.

S - Syndrome: A group of symptoms that indicate disease.

- Through December 1998, 410,800 deaths among people with AIDS had been reported to the CDC. AIDS is now the fifth leading cause of death in the U.S. among people aged 25 to 44.

ALCOHOL, SEX & HIV

When you are under the influence of alcohol you tend to do things that you might not do otherwise (like have unsafe sex with the random you met at the club or try other drugs that get you more fucked up).



People under the influence of alcohol are more vulnerable to violence or rape.



He's a **10** at **2**...

and a **2** at **10**.

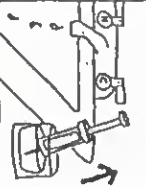






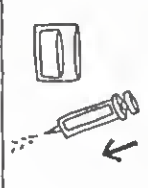
The STD – HIV Connection

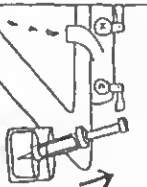


STD's like **genital warts** and **HERPES** make it easier for **HIV** to infect immune cells. That means if you have an **STD**, you have a higher chance of contracting **HIV**.

A 1997 study found that men who are **HIV positive** and contract other **STD's** have **eight times** as much **HIV** in their semen than men without these co-infections.

REMEMBER 3x3:

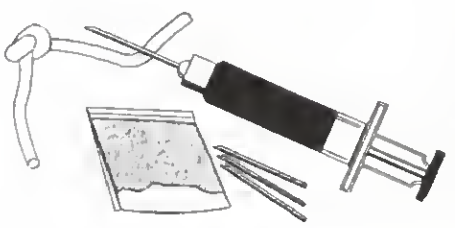
1. WATER	• Use clean tap water to rinse out the syringe. • A little dish soap in the water can help break up blood clots.			
Do THIS AT LEAST 3 TIMES.				

2. BLEACH	• Use full strength household bleach. • Make sure the syringe is completely full of bleach for a total of 30 seconds.			
Do THIS AT LEAST 3 TIMES.				

3. WATER	• Use clean tap water. • Don't use the same water you used in Step 1.			
Do THIS AT LEAST 3 TIMES.				

To kill HIV:

clean works.



Use cold water to rinse your needles

- Leave the bleach in the syringe at least 30 seconds. The longer the syringe is full of bleach, the better.
- Be sure to fill the syringe to the top.
- Shaking and tapping the syringe when full with water and bleach should improve the effectiveness of removing HIV.
- Also, taking the syringe apart (removing the plunger) may improve the cleaning.

Keep your eyes open for local needle Exchange Programs...

Remember: Never share cookers, cotton, rinse water, bleach, or any other paraphernalia. Cleaning injectable equipment with disinfectants such as bleach does not guarantee that the HIV is inactivated (killed); however, If you clean your injection equipment, as shown above, you are at much less risk for HIV infection.

HIV &

Hepatitis

Hep C is a highly contagious, potentially fatal virus that affects the liver.

The only guarantee is to use a NEW, clean needle or syringe every time you shoot up...

To kill HIV, follow the 3 X 3 needle cleaning instructions.

To kill the Hepatitis B virus, the bleach must be in contact with the syringe for at least 2 minutes (the Hepatitis virus is harder than HIV and is harder to destroy).

Bleaching for at least 2 minutes may not do a good job of killing Hepatitis C, though.

Who Are the co-infected?

Co-infection refers to being infected with both HIV and Hepatitis C (HCV). If you share needles, you have a high risk of co-infection. Get tested!

One in every 65 Americans is infected with Hepatitis C. That means approximately 4 million—about four times the number of people with HIV.



If you are co-infected: Find a doctor who has experience with HIV/HCV. Regular blood tests that measure CD4 T-cells and viral load (PCR) are necessary to track how fast your disease is progressing and if the medications you take are working.

As many as 40% of persons with HIV are also infected with Hep C

There is no known cure or vaccine for Hep C!

For more info. on Hep A, B, and C, check out the Hepatitis Zine available at the RAVEN Project.